



## ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID INSTRUCTOR TRAINING COURSE

### A 5-DAY COURSE TO ACCREDIT INSTRUCTORS TO DELIVER THE 14-HOUR ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

#### What is Mental Health First Aid?

Mental health first aid is the help provided to a person developing a mental illness or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. The Mental Health First Aid Program was developed in 2000 by Betty Kitchener and Prof. Tony Jorm and operates within Mental Health First Aid Australia, a national not-for-profit organisation (based in Melbourne) focused on mental health training and research for the community and workplaces. In 2007, this MHFA courses was launched for Aboriginal and Torres Strait Islander people.

#### What is the Aboriginal and Torres Strait Islander MHFA Instructor Training Course?

This intensive 5-day course, conducted by two trainers, accredits successful applicants to conduct the 14-hour MHFA course.

#### Who can become an accredited Aboriginal and Torres Strait Islander Instructor?

The essential criteria are:

- Identify as an Aboriginal or Torres Strait Islander person
- Good knowledge about mental illness and treatments
- Good teaching and communication skills
- Good interpersonal skills
- Favourable attitudes towards people with mental health problems
- Personal or professional experience with people with mental health problems
- Good knowledge of mental health and community services
- Enthusiasm to reduce the stigma associated with mental illness
- Good business plan or organisational support.

#### How can I become an accredited Aboriginal and Torres Strait Islander MHFA Instructor?

1. Submit a successful application to attend a Instructor Training course.
2. Pay the course fee.
3. Your communication and group skills and attitudes are assessed as suitable during the course. Your 45 minute presentation on a topic given to you on day 2 is assessed as successful on day 4 or 5.
4. You pass an open book exam due on day 5.
5. To remain accredited, instructors must conduct at least 3 MHFA courses in the first 12 months from their accreditation date and at least 6 MHFA courses every 2 years, with at least 1 of these 6 in the last year.

#### Ongoing support from the MHFA Team

The friendly MHFA Australia team provides ongoing support with:

- Selling, at a discounted rate, MHFA manuals and other course materials which are needed for each course taught
- Timely dispatch of your orders of MHFA materials.
- Assistance with navigating the instructor web database for advertising your courses and ordering course materials.
- Providing supportive feedback and comments when necessary, for the courses you are conducting.
- Coordinating professional development opportunities for Instructors.
- Providing updates on relevant mental health statistics and research.
- Circulating a regular MHFA Instructors' Newsletter.
- Administration staff are available Monday – Friday, 9am-5pm
- Free advertising of the courses you are conducting on the MHFA website.

#### Instructor autonomy

MHFA Instructors are not employed by MHFA Australia. All accredited MHFA Instructors sign an agreement to honour the copyright of all materials and to teach the 14-hour curriculum as written, without amendments.

MHFA Instructors are responsible for organising and conducting their own MHFA courses and setting their own fees. They are encouraged to co-conduct with another MHFA Instructor. Instructors need to pay for participant manuals and certificates and may also need to pay advertising and venue hire expenses.

It is recommended that all self-funded MHFA Instructors obtain an ABN and consult an insurance broker to obtain business insurance.

#### Cost and what is included

This 5-day course runs 9am - 5pm, Monday to Friday. The cost is \$3,500. This covers tuition, catering, the Instructor's Kit and ongoing support from the MHFA team for one year. The kit contains the MHFA teaching materials such as PowerPoint slides, a DVD with film clips, teaching notes and resources folders. Informative pamphlets, books and fact sheets are also included. An annual instructor membership fee of \$100 is due after every 12 months.

#### More information

**For selection criteria and details of how to apply for a 5-day MHFA Instructor Training Course, go to 'Be an Instructor' at the MHFA website.**

*Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*